

NSW ALLCOMERS SERIES

The Allcomers series will operate under IAAF rules and are based on recent competition performances and not ages or grades.

The Allcomers provides competition opportunities for all athletes of all ages of varying abilities in the lead up to major events such as state and national championships. It is similar to the club premiership, but does not have a club point score and is not differentiated by age, but will rather be seeded according to recent season best performances. It also provides opportunities for elite junior and youth athletes competing in the Australian Junior Championships and Masters athletes competing in the Australian Masters Championships.

1. ENTRIES

- 1.1 Athletes competing must be registered with Athletics NSW for the 2014-15 season and wear their 2014-15 registration numbers and club uniform. Temporary numbers, valid for one day, will be issued at check in to registered athletes upon payment of a \$5 fee at the venue.
- 1.2 The Allcomers is not conducted in any specific age group, however athletes will be entered into races (track events) and pools (field events) based on the season best performance, which will be validated by Athletics NSW.
- 1.3 Athletes are to enter online at an entry cost of \$7.50 for unlimited events. Pre entry allows Athletics NSW to provide athletes with a precise timetable and event entry list before arriving at the venue. Please note online entry requires credit card payment. Athletes without a credit card or internet access should contact the Athletics NSW office well in advance of the closing date to arrange an alternative entry.
- 1.4 On the day entry is available but not guaranteed and will only be offered if space exists in the event. On the day entry will incur a higher fee of \$20 and entry must be completed one (1) hour prior to the athlete's first event and it is requested that you have your bib numbers and events ready when entering on the day.
- 1.5 Entry fees are non-refundable, regardless of circumstance.
- 1.6 All online entries must be submitted by midnight the Thursday before Saturday competitions and midnight the Tuesday before Thursday competitions. Online entry will open two weeks before the competition.
- 1.7 When entering the Allcomers online, athletes will only be required to choose the event they wish to contest. Athletes seasons bests, from October 2014, will be asked for. The entry lists and what race you will be in will be determined by this information received, upon verification by Athletics NSW.
- 1.8 Athletes who enter online must report to athlete check in at least one (1) hour prior to the athletes first event to confirm their intent to compete. Failure to do so may result in the athlete being scratched from the event.
- 1.9 Registration with Athletics NSW is not available on the day at the Allcomers. Athlete registration is to be organised before the competition.
- 1.10 A final timetable will be released by midday, the day prior to the competition.

2. RULES AND PROCEDURES

- 2.1 All athletes, or an athlete representative, must report to Athlete Check-in to advise of their intention to compete at least sixty (60) minutes before the scheduled starting time of the first event. Failure to check-in by this time may result in the athlete being scratched from the event.
- 2.2 Athletes may only enter and contest one race in an event.

- 2.3 U14 athletes cannot compete in the 5000m, 200m hurdles, 400m hurdles, and steeplechase. U16 athletes cannot compete in the 400m hurdles.
- 2.4 The timetables that appear below are drafts only. The final timetable will be released midday, the day before competition, upon entries closing and the entry lists being made available.
- 2.5 Athletics NSW reserves the right to fill available spaces at their discretion.
- 2.6 **Track event procedures:**
- 2.6.1 Once checked in, athletes in track events must report to the start area at least ten (10) minutes before the start of the event.
- 2.6.2 In all track events, races will be seeded at the discretion of the Athletics NSW Competition Manager.
- 2.6.3 In most instances, competition order will be male, followed by female. Allcomers hurdle races will be 110m followed by 100m, 90m, 80m and 400m hurdles men followed by women and the 0.914m hurdles steeple chase will precede the 0.762cm hurdle.
- 2.6.4 If small fields exist, some long distance events may be combined i.e. 3000m and 5000m walk and run, 2000m and 3000m steeple chase.
- 2.7 **Field event procedures:**
- 2.7.1 Pools for field events will be arranged by age, starting height or implement weight. Male and female athletes may compete together.
- 2.7.2 Once checked in, athletes in field events are to report to the event site at least twenty (20) minutes prior to the scheduled start time of the event, so that warm ups can be completed before the scheduled start time. Athletes who report later may get fewer warm up attempts.
- 2.7.3 Athletes who report after the commencement of the competition may not receive attempts in each of the three rounds.
- 2.7.5 Athletes may only use one weight implement in throws events.
- 2.7.6 In field events for distance, each athlete will be allowed three (3) trials. Athletes who reach the Athletics NSW qualifying standard for their age group, will be eligible for a further three (3) trials.
- 2.7.7 In pole vault, the bar will be raised by 10cm until there is one competitor left. In high jump, the bar will be raised by 5cm until there are 5 competitors left, by 3cm until there are 3 competitors and in 2cm rises until there is one competitor left.
- 2.8 Spikes must be no longer than 9mm for High Jump and Javelin, or 7mm for other events.
- 2.9 For matters not addressed above IAAF and AA rules apply.
- 2.10 Athletes with a disability have the opportunity to compete in any Allcomers event. However, if an athlete needs any assistance, or the use of any specific equipment (such as throwing platforms), the athlete is requested to contact the Athletics NSW office at least three (3) days prior to competition.



ANSW STANDARDS for ALLCOMERS 2015

Whilst there are no standards required to be met to enter the Allcomers series, there are standards required to be met in order to gain a further three (3) attempts in field events.

During the Allcomers Series for 2014, each athlete will receive three (3) attempts in all field events, except vertical jumps. For athletes to gain a further three (3) attempts, they will need to equal or better the standards as outlined below. These may be subject to change.

Men

	Masters 30+	Open	U20	U18	U16	U14
Javelin	30.00m	51.20m	40.00m	43.20m	38.40m	28.80m
Discus	27.00m	37.60m	29.90m	36.80m	37.60m	29.20m
Hammer	28.00m	40.00m	28.80m	32.00m	25.60m	22.40m
Shot Put	9.00m	11.60m	9.60m	11.52m	11.52m	10.56m
Long Jump	4.80m	5.84m	5.52m	5.28m	4.88m	4.24m
Triple Jump	8.00m	11.60m	10.72m	10.56m	9.84m	8.80m

Women

	Masters 30+	Open	U20	U18	U16	U14
Javelin	17.00m	33.60m	30.40m	33.60m	30.40m	24.00m
Discus	25.00m	35.20m	31.20m	30.40m	28.80m	24.00m
Hammer	23.00m	33.60m	24.00m	28.80m	24.80m	20.80m
Shot Put	7.50m	10.00m	8.96m	10.12m	9.60m	8.40m
Long Jump	4.00m	4.68m	4.40m	4.40m	4.24m	3.92m
Triple Jump	7.00m	9.28m	9.12m	9.04m	8.80m	8.40m